

*Keep illness
from spreading!*



If you have a **fever**
with **cough or rash**,
Let us know - we'll
get you a **mask**.

Tiny droplets of moisture that exit the nose or mouth when a person coughs, sneezes, or talks spread some diseases. Without meaning to, we can infect others when these droplets come into contact with another person's nose, mouth and eyes. Some diseases that are spread by droplets in the air include:

- Colds
- Flu
- Whooping Cough
- Bacterial Meningitis
- Mumps
- SARS
- Measles
- Rubella
- Smallpox

Symptoms of these diseases often include fever with a cough or rash. We are asking people who think they may have these symptoms to wear a mask while in this facility.



Adapted with permission from the Vermont Department of Health.

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*Cover your
mouth when you
cough or sneeze -*

If you use your
hands, then wash
them please.

Good Health Manners will help
keep illness from spreading!

- ♦ Cover your mouth and nose with tissues every time you sneeze or cough.
- ♦ Put used tissues into the trash.
- ♦ Wash your hands well and often with soap and water, or use an alcohol hand sanitizer.

This is a message for staff, patients and visitors from the Tennessee Department of Health and this hospital or health care center.

For more information on Good Health Manners and infection control:

tennessee.gov/health

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